



## Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

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## Calm Your Nerves



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 28 June 2023 |

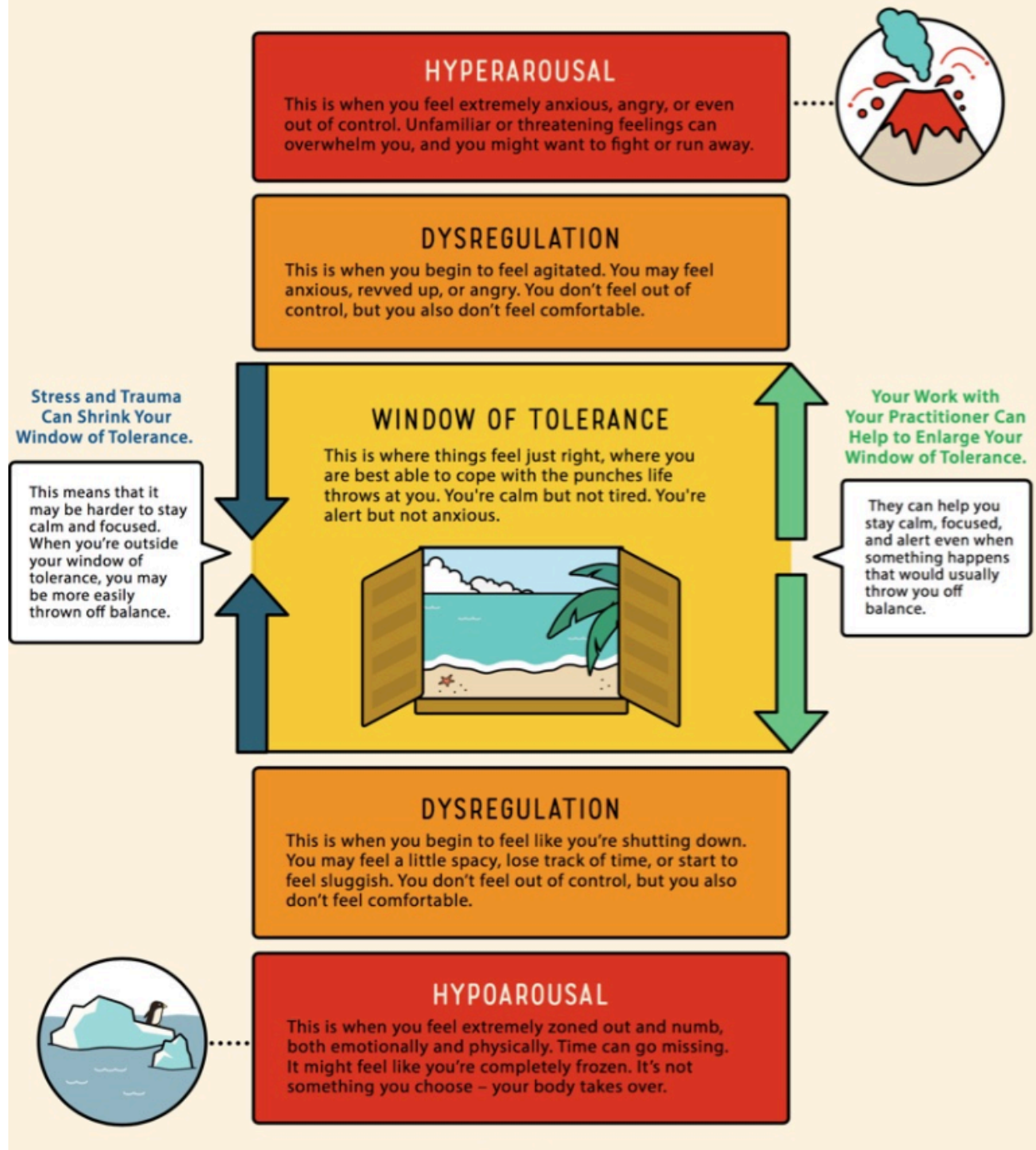
### Calm Your Nerves

# The Nervous System, Neuroscience of Trauma and Self-Care

The nervous system is a complex network of cells that allows us to sense the world around us, process information, and respond to stimuli. It is made up of two main parts: the central nervous system (CNS) and the peripheral nervous system (PNS).

The CNS consists of the brain and spinal cord. It is responsible for processing information from the senses, controlling movement, and regulating emotions. The PNS consists of all the nerves that connect the CNS to the rest of the body. It is responsible for sending signals from the brain to the muscles and organs, and from the body to the brain.

# How Trauma Can Affect Your Window of Tolerance



The nervous system is constantly responding to the environment. When we experience a threat, the sympathetic nervous system (SNS) is activated. This causes a number of changes in the body, including increased heart rate, blood pressure, and breathing. These changes prepare us to either fight or flee the threat.

If the threat is prolonged or severe, the body's stress response can become dysregulated. This can lead to a number of physical and psychological symptoms,

including anxiety, depression, and post-traumatic stress disorder (PTSD).

Trauma is a deeply distressing or disturbing experience that can have a lasting impact on the individual. It can affect the way we think, feel, and behave. Trauma can also change the way our nervous system functions.

In the aftermath of trauma, the SNS may become overactive. This can lead to a number of symptoms, including hypervigilance, irritability, and difficulty sleeping. The PNS may also become underactive. This can lead to symptoms such as fatigue, apathy, and difficulty concentrating.

# Physical Impact of Trauma

## Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. **Resolution:** safe and stable nurturing relationships, walk in nature, touch, exercise



## Brain Waves

Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures.

**Resolution:** neurofeedback



## Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. **Resolution:** neurofeedback, meditation/ mindful action, positive self-talk



## Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged.

Reduces motivation & focus, creates fatigue. Low serotonin causes depression.



## Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). **Resolution:** oxytocin ("the love hormone")



## Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). **Resolution:** salt baths, sauna



## Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. **Resolution:** yoga, breathing, or other physical/emotional regulation



## Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) **Resolution:** meditation/mindful action, walking in nature, diet, rest



## Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. **Resolution:** social support

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. **Resolution:** Safer environment (perception of)



**Self-care is essential for healing from trauma.** It involves taking steps to care for our physical, emotional, and psychological health. Self-care can help to reduce stress, regulate emotions, and improve our overall well-being.

There are many different self-care activities that can be helpful for people who have experienced trauma. Some examples include:

- **Exercise:** Exercise is a great way to reduce stress and improve mood. It can also help to improve sleep quality.
- **Healthy eating:** Eating a healthy diet can help to improve energy levels and reduce inflammation.
- **Sleep:** Getting enough sleep is essential for physical and mental health.
- **Relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to reduce stress and improve sleep quality.
- **Social support:** Spending time with loved ones can help to reduce isolation and improve mood.
- **Professional help:** If you are struggling to cope with trauma, it is important to seek professional help. A therapist can help you to understand your trauma and develop coping strategies.

Trauma can be a difficult experience to heal from, but it is possible to recover. Self-care is an essential part of the healing process. By taking care of ourselves, we can reduce stress, regulate emotions, and improve our overall well-being.

**In addition to the self-care activities listed above, there are a number of other things that you can do to support your healing from trauma. These include:**

- **Learning about trauma:** Understanding how trauma affects the body and mind can help you to make sense of your experiences and cope with your symptoms.
- **Connecting with others:** Talking to others who have experienced trauma can help you to feel less alone and gain support.



- **Finding meaning:** Finding meaning in your trauma can help you to move forward in your life. This could involve journaling, creating art, or volunteering.
- **Giving yourself time:** Healing from trauma takes time. Be patient with yourself and allow yourself to grieve your losses.

If you are struggling to cope with trauma, please reach out for help. There are many resources available to you, including therapists, support groups, and online forums. You are not alone.

## Conclusion

The nervous system is a complex and powerful system that plays a vital role in our physical and psychological well-being. Trauma can have a profound impact on the nervous system, leading to a number of physical and psychological symptoms. Self-care is essential for healing from trauma. By taking care of ourselves, we can reduce stress, regulate emotions, and improve our overall well-being.

If you are struggling to cope with trauma, please reach out for help. There are many resources available to you, including therapists, support groups, and online forums. You are not alone.

# The Esoteric Teachings of the Nervous System and Chakras

In esoteric teachings, the nervous system is seen as a network of energy channels that connect the physical body to the subtle bodies. The chakras are said to be vortices of energy that sit along these channels. They are said to be the gateways through which energy flows into and out of the body.

The seven main chakras are located along the spine, from the base of the spine to the crown of the head. Each chakra is associated with a different aspect of our

being, such as our physical health, our emotions, our thoughts, and our spiritual development.

**The first chakra, the root chakra**, is located at the base of the spine. It is associated with our physical survival and our sense of security. **The second chakra, the sacral chakra**, is located below the navel. It is associated with our creativity, sexuality, and emotions. **The third chakra, the solar plexus chakra**, is located in the abdomen. It is associated with our personal power, our will, and our self-esteem.

**The fourth chakra, the heart chakra**, is located in the chest. It is associated with love, compassion, and forgiveness. **The fifth chakra, the throat chakra**, is located in the throat. It is associated with communication, creativity, and self-expression. **The sixth chakra, the third eye chakra**, is located in the center of the forehead. It is associated with intuition, wisdom, and clairvoyance.

**The seventh chakra, the crown chakra**, is located at the top of the head. It is associated with our connection to the divine, our spiritual awareness, and our enlightenment.



# CHAKRA GUIDE



CHAKRA	Root	Sacral	Solar Plexus	Heart	Throat	Third-Eye	Crown
LOCATION	Base Of Spine	Lower Abdomen	Stomach	Heart	Throat	Forehead	Top of the Head
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Consciousness
SOUND	LAM	VAM	RAM	YAM	HAM	AUM (Om)	AH
EMOTIONS	Safety, security	Sexuality, desire, pleasure	Personal power, purpose	Balance, love	Self-expression, expansion, healing	Intuition, imagination	Bliss, spirituality
BODY	Spine, rectum, legs, arms, circulatory system	Reproductive organs, kidneys, bowels, immune system	Central nervous system, pancreas, liver, skin, digestive tract	Heart, thymus, lower lungs, circulatory system, immune system	Throat, respiratory system, teeth, vocal chords, thyroid	pituitary gland, pineal gland, eyes, brain, sinuses	mind
BALANCED BEHAVIOUR	Safe, secure, centered, grounded, happy to be alive	Passion, creative, healthy libido, optimistic, open	Confident, in control, optimistic, ambitious, joyful, easy-going	Generous, loving, compassionate, peaceful, open, empathetic	Expressive, good communicator, trustworthy, calm, honest	Intuitive, faithful, imaginative, integrous, clarity of mind	Connected, present, wise, universal love
BLOCKED BEHAVIOUR	Fearful, anxious, insecure, self-pity, self-doubt, aggressive	Low libido, fear of intimacy, aloof, destructive, dependent	Low self-esteem, powerless, pessimistic, over analytical	Lack of empathy, bitter, hateful, trust issues, bitter, jealous	Can't express self, secretive, quiet, shy, moody, not good listener	Poor judgement, lacks focus, poor imagination, depressed	Learning difficulties, disconnected from reality, anger, lack of faith
OVERACTIVE BEHAVIOUR	Greedy, lust for power, aggressive, materialistic, cynical	Over emotional, fixated on sex, hedonistic, manipulative	Power hungry, domineering, perfectionist, critical	Jealous, self-sacrificing, codependent, give too much	Opinionated, loud, critical, gossipy, interrupt, harsh words	Nightmares, delusions, hallucinations, obsessive	Dogmatic, judgemental, ungrounded, spiritual addiction
FOODS TO HEAL	Beets, parsnips, apples, rutabagas, pomegranates, protein	Beets, parsnips, apples, rutabagas, pomegranates, protein	Yellow peppers, yellow lentils, bananas, oats, corn, squash	Spinach, broccoli, kale, peas, other leafy greens	Blueberries, blue raspberries, kelp, figs	Purple potatoes, blackberries, plums, purple grapes	Fresh air, sunlight, nature

The chakras are said to be blocked or imbalanced when we are not living in alignment with our true selves. This can lead to physical, emotional, and spiritual problems. When the chakras are open and balanced, we are able to experience a sense of well-being, peace, and harmony.

**There are many different ways to open and balance the chakras. Some common methods include meditation, yoga, breathwork, and energy healing.**

**Meditation** is a powerful way to open and balance the chakras. When we meditate, we focus our attention on the present moment and allow our thoughts to come and go without judgment. This can help to clear the blockages in our chakras and allow energy to flow freely.

**Yoga** is another great way to open and balance the chakras. As we move through the yoga poses, we are stimulating the different chakras and bringing them into balance.

**Breathwork** is a simple but effective way to open and balance the chakras. When we breathe deeply and slowly, we are bringing more oxygen into our bodies and stimulating the chakras.

**Energy healing** is a more advanced method of opening and balancing the chakras. Energy healers use their hands to channel energy into the chakras, helping to clear blockages and restore balance.

Opening and balancing the chakras can be a challenging but rewarding process. It takes time, patience, and dedication. But if you are willing to put in the work, you can experience the many benefits of a healthy and balanced chakra system.

**In addition to the methods mentioned above, there are a number of other things that you can do to support the opening and balancing of your chakras. These include:**

- **Eating a healthy diet:** Eating a diet that is rich in fruits, vegetables, and whole grains can help to nourish the chakras and promote their health.
- **Drinking plenty of water:** Staying hydrated is essential for overall health, including the health of the chakras.

- **Getting enough sleep:** Sleep is essential for physical and mental health, and it can also help to balance the chakras.
- **Practicing relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to calm the mind and body, which can create a more conducive environment for the opening and balancing of the chakras.
- **Spending time in nature:** Spending time in nature can help to connect us to the divine and promote the opening and balancing of the chakras.

**If you are interested in opening and balancing your chakras, there are a number of resources available to you. You can find books, articles, and websites that offer information on the chakras and how to work with them. You can also find teachers and practitioners who can offer guidance and support.**

**The opening and balancing of the chakras is a journey, not a destination. It is a process of self-discovery and self-healing. As you work with your chakras, you will come to a deeper understanding of yourself and your place in the world. You will also experience a greater sense of peace, harmony, and well-being.**

**The Raja Yoga esoteric teachings of the nervous system** and chakras are based on the idea that the chakras are vortices of energy that sit along the subtle bodies. The subtle bodies are said to be made up of energy, and they are said to surround the physical body.

The chakras are said to be connected to the nervous system, and they are said to play a role in our physical, emotional, and spiritual well-being. When the chakras are open and balanced, we are said to experience a sense of well-being, peace, and harmony.

In Raja Yoga, the chakras are seen as a way to access and control the subtle bodies. By working with the chakras, it is said that we can improve our physical, emotional, and spiritual health.

There are many different ways to work with the chakras in Raja Yoga. Some common methods include:

- **Meditation:** Meditation is a powerful way to work with the chakras. When we meditate, we focus our attention on the chakras, and we allow energy to flow through them.
- **Yoga:** Yoga is another great way to work with the chakras. As we move through the yoga poses, we are stimulating the different chakras and bringing them into balance.
- **Breathwork:** Breathwork is a simple but effective way to work with the chakras. When we breathe deeply and slowly, we are bringing more oxygen into our bodies and stimulating the chakras.
- **Mantras:** Mantras are words or phrases that are repeated over and over again. Mantras can be used to focus the mind and to stimulate the chakras.
- **Visualization:** Visualization is a powerful tool that can be used to work with the chakras. When we visualize the chakras, we are sending energy to them and helping them to open and balance.

Working with the chakras in Raja Yoga can be a challenging but rewarding process. It takes time, patience, and dedication. But if you are willing to put in the work, you can experience the many benefits of a healthy and balanced chakra system.

### **Here are some of the benefits of working with the chakras in Raja Yoga:**

- **Improved physical health:** When the chakras are open and balanced, it is said that we can experience better physical health. We may have more energy, we may sleep better, and we may be less susceptible to illness.
- **Improved emotional health:** When the chakras are open and balanced, it is said that we can experience better emotional health. We may feel more calm, we may be less prone to anxiety and depression, and we may be more emotionally balanced.
- **Improved spiritual health:** When the chakras are open and balanced, it is said that we can experience better spiritual health. We may feel more

connected to our higher selves, we may have more spiritual insights, and we may experience a sense of oneness with the universe.

If you are interested in working with the chakras in Raja Yoga, there are a number of resources available to you. You can find books, articles, and websites that offer information on the chakras and how to work with them. You can also find teachers and practitioners who can offer guidance and support.

**The opening and balancing of the chakras is a journey, not a destination. It is a process of self-discovery and self-healing. As you work with your chakras, you will come to a deeper understanding of yourself and your place in the world. You will also experience a greater sense of peace, harmony, and well-being.**

## Here are 5 mantras that assist in balancing the nervous system:

1. **Om Shanti:** This mantra is a Sanskrit word that means “peace.” It is a powerful mantra that can help to calm the mind and body.
2. **So Hum:** This mantra is also a Sanskrit word that means “I am that.” It is a mantra that can help to connect us to our inner peace and stillness.
3. **Aum:** This mantra is a sacred sound that is said to represent the entire universe. It is a powerful mantra that can help to bring balance and harmony to the nervous system.
4. **Om Mani Padme Hum:** This mantra is a Tibetan mantra that means “the jewel in the lotus.” It is a mantra that can help to open the heart chakra and promote compassion.
5. **I am calm, I am centered, I am at peace.** This mantra is a simple but effective mantra that can help to calm the mind and body.

These are just a few examples of mantras that can assist in balancing the nervous system. There are many other mantras that can be used for this purpose. The most important thing is to find a mantra that resonates with you and that you feel comfortable repeating.

**Here are some tips for using mantras to balance the nervous system:**

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position and close your eyes.
- Repeat the mantra slowly and mindfully.
- Focus on the meaning of the mantra as you repeat it.
- Allow yourself to relax and let go of any thoughts or worries.
- Continue repeating the mantra for as long as you like.

You may find that you feel more calm and centered after repeating a mantra. You may also notice that your breathing becomes slower and deeper. If you are feeling stressed or anxious, repeating a mantra can be a helpful way to relax and find peace.

It is important to note that mantras are not a cure-all. They can be a helpful tool for balancing the nervous system, but they should not be used as a substitute for medical treatment. If you are experiencing chronic stress or anxiety, it is important to see a doctor or therapist.

**Mantra - Mudra Therapy for nervous system : Ling Mudra**



# Here are 3 visualizations that can help to balance the nervous system:

**\*\*1. \*\* Visualizing a calming scene:** This visualization can help to calm the mind and body. Imagine yourself in a calming scene, such as a beach, a forest, or a meadow. Take your time to notice the details of the scene, such as the sounds, the smells, and the colors. As you focus on the scene, allow yourself to relax and let go of any tension.

**\*\*2. \*\* Visualizing a white light:** This visualization can help to bring balance and harmony to the nervous system. Imagine a white light surrounding you. The light is warm and calming, and it fills you with peace. As you focus on the light, allow yourself to relax and let go of any stress or anxiety.

**\*\*3. \*\* Visualizing your nervous system as a river:** This visualization can help to clear blockages and promote the flow of energy in the nervous system. Imagine your nervous system as a river. The river is flowing smoothly and freely, and it is filled with clear, blue water. As you focus on the river, allow any blockages to dissolve and let the energy flow freely.

These are just a few examples of visualizations that can help to balance the nervous system. There are many other visualizations that can be used for this purpose. The most important thing is to find a visualization that resonates with you and that you feel comfortable doing.

## Here are some tips for using visualizations to balance the nervous system:

## 10 Quick Ways to Activate your Parasympathetic Nervous System



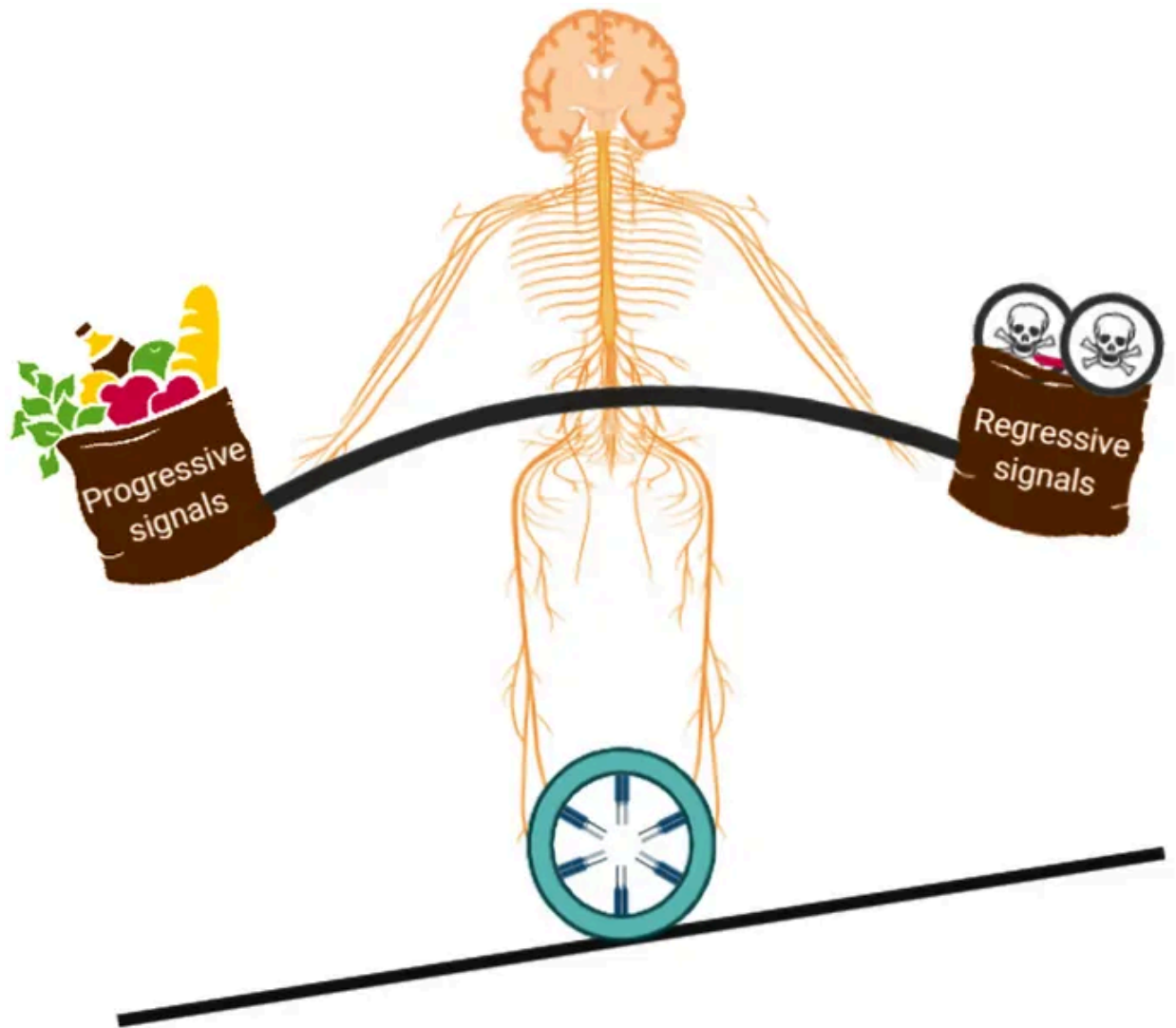
Brain Gardening®

1

- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position and close your eyes.
- Take a few deep breaths and relax your body.
- Visualize the scene or the image that you have chosen.
- Allow yourself to relax and let go of any thoughts or worries.
- Continue visualizing for as long as you like.

You may find that you feel more calm and centered after visualizing. You may also notice that your breathing becomes slower and deeper. If you are feeling stressed or anxious, visualizing can be a helpful way to relax and find peace.

It is important to note that visualizations are not a cure-all. They can be a helpful tool for balancing the nervous system, but they should not be used as a substitute for medical treatment. If you are experiencing chronic stress or anxiety, it is important to see a doctor or therapist.



Self-care is essential for balancing the nervous system. When we take care of ourselves, we are giving our bodies and minds the resources they need to function at their best. This can help to reduce stress, improve sleep, and boost our overall well-being.

**There are many different self-care activities that can help to balance the nervous system. Some of these activities include:**

- **Exercise:** Exercise is a great way to reduce stress and improve sleep. It also helps to release endorphins, which have mood-boosting effects.
- **Healthy eating:** Eating a healthy diet can help to improve energy levels and reduce inflammation. It is also important to stay hydrated by drinking plenty of water.

- **Sleep:** Getting enough sleep is essential for physical and mental health. When we are well-rested, we are better able to cope with stress and manage our emotions.
- **Relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to calm the mind and body. These techniques can be especially helpful for people who are experiencing anxiety or stress.
- **Social support:** Spending time with loved ones can help to reduce isolation and improve mood. It is also important to have people in our lives who we can talk to about our problems and concerns.

By incorporating self-care into our daily lives, we can help to balance our nervous system and improve our overall well-being.

**If you are struggling to cope with stress or anxiety, it is important to seek professional help. A therapist can help you to develop coping strategies and manage your symptoms.**

**Remember, you are not alone. There are many people who struggle with stress and anxiety. With the right support, you can learn to manage your symptoms and live a healthy and balanced life.**

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review our guidance on using Yoga for mental health purposes on our [website](#), our guidance on using Yoga for mental health purposes.

## Yoga

here are 3 yin yoga asanas to balance the nervous system:

- **Supported Child's Pose:** This pose is a great way to release tension in the lower back and hips. To do supported child's pose, kneel on the floor and bring your hips back to your heels. Place your forehead on the ground and extend your arms forward, palms down. You can support your forehead on a block or pillow if needed. Stay in this pose for 3-5 minutes. [Yogajala](#)  
Supported Child's Pose yoga asana



## Modifications for child's pose (balasana)

Now, onto the video! Here are some modifications for child's pose (balasana) for those of us in larger bodies or folks that have trouble resting weight on their knees.

05:39

- **Knee to Chest Pose:** This pose is a great way to stretch the hip flexors and relieve stress. To do knee to chest pose, sit on the floor with your legs extended in front of you. Bend your right knee and bring your right foot to your chest. Hold your right foot with both hands and gently pull your knee towards your chest. Stay in this pose for 30 seconds, then repeat on the other side. [Yoga Class Plan](#) Knee to Chest Pose yoga asana



## Modifications & Variations

Knees-to-Chest Pose is good for all students, from beginners to advanced practitioners. There should be no pain and very little discomfort when performed. If you need to modify the pose to make it more comfortable, try these simple changes to find a variation that works best for you:



- To deepen the stretch, bring your nose to your knees when you're in the full pose.
- If your stomach or chest is large, it might be difficult to clasp both hands around your legs. Instead, draw each knee slightly to the side of your body, toward each same-side armpit. Hold onto your shins with each hand, instead of clasping your legs directly over your chest.
- If it is still difficult to hold onto your shins, wrap a yoga [strap](#) around the soles of your feet with your knees bent. Hold onto the strap with both hands to help draw your knees in closer.

## Tips

Practicing Knees-to-Chest Pose can be calming and comforting. Keep the following information in mind when practicing this pose:

- Keep your spine lengthening along the floor all the way through your tailbone. Resist the tendency to let your buttocks and hips lift from the mat. It is more important to have a long spine than to draw your knees tightly in to your chest.
- If you have any discomfort in your head or neck, place a firm [blanket](#) under your head.
- **Bound Angle Pose:** This pose is a great way to stretch the inner thighs and groin. To do bound angle pose, sit on the floor with your legs extended in front of you. Bend your knees and bring the soles of your feet together. Cross your arms over your shins and hold your elbows with your opposite hands. Gently lean forward from the hips, keeping your spine long. Stay in this pose for 30 seconds. [Yoga Basics](#) Bound Angle Pose yoga asana



### Baddha Konasana (Bound Angle Pose) Benefits, How to Do...



These are just a few examples of yin yoga asanas that can help to balance the nervous system. There are many other asanas that can be used for this purpose. The most important thing is to find asanas that feel comfortable and that you can hold for a long period of time.

It is also important to listen to your body and not push yourself too hard. If you feel any pain, simply come out of the pose. Yin yoga is a gentle practice, and it is meant to be restorative. With regular practice, you will start to notice the benefits of yin yoga on your nervous system.

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## Research

## Here are 3 academic & scientific articles on why self-care on the nervous system is vital for mindfulness:

1. **The Neuroscience of Mindfulness: How Self-Care on the Nervous System Promotes Well-Being** (2017) by Richard J. Davidson, Antoine Lutz, and John D. Teasdale. This article reviews the scientific evidence on the benefits of mindfulness for the nervous system. The authors argue that mindfulness can help to regulate the stress response, improve emotional resilience, and promote well-being. [Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6671286/>]
2. **Self-Care on the Nervous System: A Review of the Literature** (2019) by Jennifer M. Aitken, Mark W. Baldwin, and Christopher J. Germer. This article reviews the scientific literature on the benefits of self-care for the nervous system. The authors argue that self-care can help to reduce stress, improve sleep, and boost mood. [Link: <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00301/full>].
3. **The Nervous System and Mindfulness: How Self-Care Can Promote Well-Being** (2021) by Susan L. Smalley, Ph.D. This article discusses the relationship between the nervous system and mindfulness. The author argues that mindfulness can help to regulate the nervous system, improve emotional resilience, and promote well-being. [Link: <https://www.psychologytoday.com/us/basics/mindfulness>]

<https://www.psychologytoday.com/us/blog/hope-for-relationships/202306/how-trauma-can-affect-your-body>

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## Resources

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- The American Psychological Association: <https://www.apa.org/>

- Prison Yoga Project – 200hr Yoga Teachers

Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms)

<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

Sign up for our newsletter: <http://eepurl.com/hQlzgl>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

[Deva's BoHo Shoppe](#)

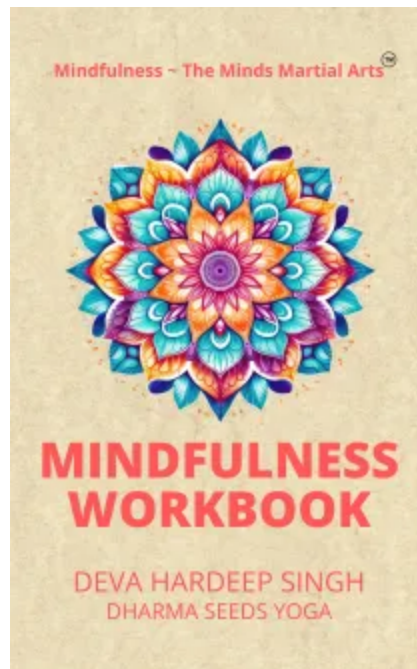
Dharma Seeds Yoga [brochure](#)

## Join our Engage Mindfulness™ Minds Martial Artist™ program FREE



For more information on our Engage Mindfulness™ please  
email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)

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## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.



The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

### The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh** (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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